

# How to Fit Your Helmet

After choosing the correct size helmet, you need to adjust the straps and pads to fit your head. This adjustment is critical to your safety.

## **Adjust the Side Straps**

Adjust the side straps so the helmet will stay in place. Straps should be snug against the sides of your head.

## **Adjust the Buckle Strap**

The buckle strap should be snug beneath the chin, but not to the point that it causes discomfort or difficulty swallowing. You should feel the strap against your skin, but be able to slide a finger under it.

## **Select the Right Sizing Pads**

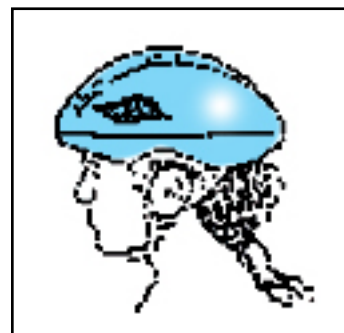
Size your helmet to your head using the right combination of foam sizing pads. Change and locate them as needed to make it snug without being uncomfortable. To test the fit, shake your helmeted head from side to side. When the pads are properly placed, the helmet will stay in place.

## **Position the Helmet Correctly**

A common mistake is to wear the helmet tipped too far back. It should be level front to rear and side to side.

## **Double-Check the Fit Before Every Ride**

Double-check the adjustment of your straps every time you wear your helmet



A properly adjusted and correctly worn  
bike helmet can reduce the chances  
of serious head injuries by 85%!

NH Pediatric Society and Safe Kids NH Coalition

For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services,  
NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org